
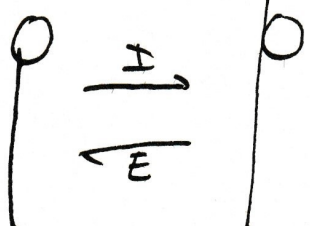
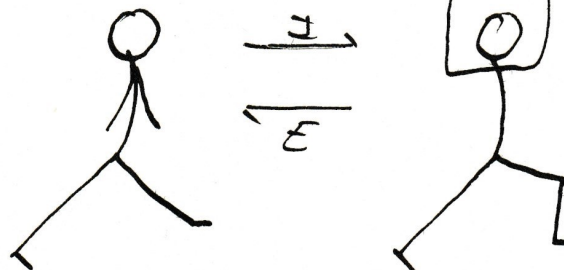
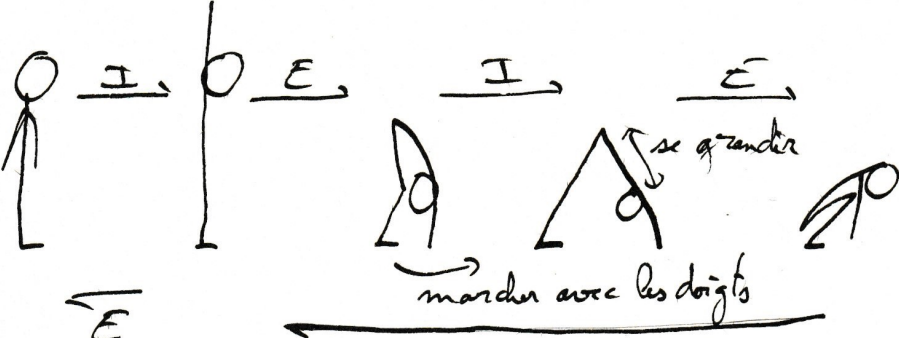


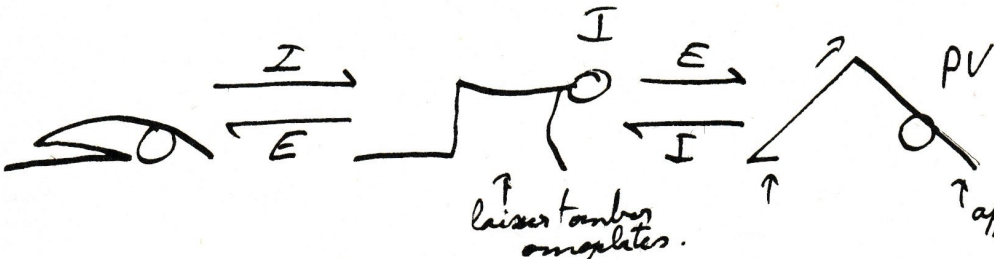
"I et ouverture du thorax"

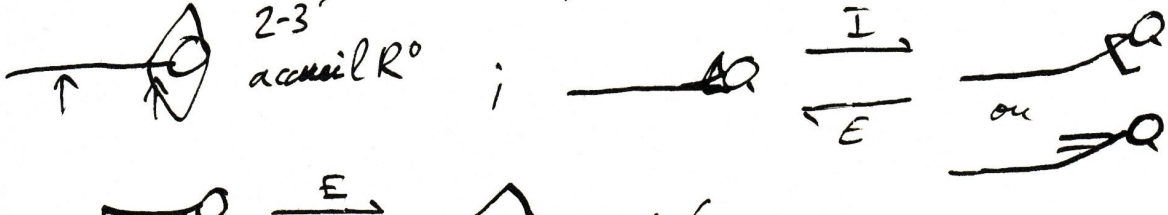
①    
 • mot libre  
 • mains sur thorax  
 et conscience I/E

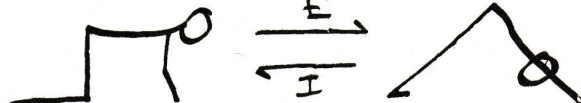
②  x 6

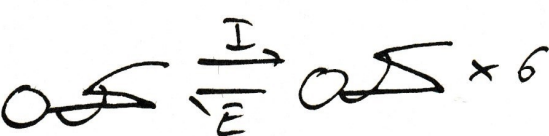
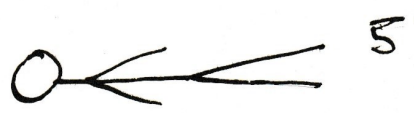
③    
 PP  
 bras en chandelière.  
 x 6 CC


④  x 6

⑤    
 laisser tomber omphalite.  
 appuis poeus

⑥  x 6-8  
 stat prog  
 0, 0, 1, 2, 3  
 4, 4 ...

⑦  x 6

⑧  x 6      ⑨  5'

⑩    
 • conscience R°  
 • ↑ ↓ ↓ ↑ ↓ x 10-12  
 • accueil dans un moment d'intériorité. Ce qui se livre :  
 pensées, émotions, sentiments, ...